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Claims

1. Exercise band for strengthening musculature, ligaments and tendons of the locomotor system, which comprises at least one thermoplastic elastomeric material (a) and a further material (b) which is different from the thermoplastic elastomer, characterized in that the materials (a) and (b) are present in different layers.
2. Exercise band for strengthening musculature, ligaments and tendons of the locomotor system, especially according to any one of the preceding claims, which comprises at least one thermoplastic elastic material, characterized in that it has on at least one side depressions in the form of channels along the longitudinal direction of the band.
3. Exercise band according to any one of the preceding claims, wherein the material (b) is silicone and/or Teflon.
4. Exercise band according to any one of the preceding claims, characterized in that it has at least one layer having absorbent fibres.
5. Exercise band according to any one of the preceding claims, characterized in that it comprises an indicator which displays the level of stretching force.
6. Exercise band according to any one of the preceding claims, characterized in that, on being stretched in the band direction, the material exhibits substantially linear force-displacement characteristics.

7. Exercise band according to any one of the preceding claims, characterized in that the band material is extrudable.

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8. Exercise band according to any one of the preceding claims, characterized in that it has, along its longitudinal direction, at least one reinforcement strip of a material different from the band material.